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LESS SUGAR, LONGER LIFE.

Most of the men and women who are now cutting down their sugar allowance, whether from patriotism or from necessity, may find consolation in a study of health and mortality figures bearing on this subject.

It appears, from profound medico-insurance investigations, that the average American of middle age is about 10 pounds overweight—that is, weighs 10 pounds more than is good for him. Without this superfluous flesh, the experts say, the death rate would be 4 per cent less.

For persons 20 pounds overweight, the death rate is 12 per cent above normal; for persons 30 per cent overweight, 22 per cent normal.

By getting rid of that 10 pounds, then, average citizens can gain an extra year or two of life, and those who are frankly and conspicuously fat can gain several years.

And how shall they get rid of it? Easiest thing in the world. Simply eat less sugar.

We have been eating nearly two pounds of sugar apiece per week. A pound is plenty, and all of us except children and old people could get along with half a pound and not suffer. Germany had only two-fifths of a pound a week per person last year, England four-fifths of a pound, France a little less, and Italy three-fifths of a pound. They all have less than that now. And they lack our plentiful supply of other foods.

From sheer shame, we ought to cut our sugar ration in two and divide with our foreign friends. And on top of that, it's good for us.

Let the weight-reducing sugar-at-stainer, however, get this fact firmly fixed in his mind. It will do no good to eat less sugar if he makes it up by eating more fats and starches. It should be a genuine diet reduction.

THE STORAGE INDUSTRY.

American cold storage houses are jammed with food. The stock of poultry, eggs, dairy products and meat stored is incomparably greater than ever before. They have been bought for the most part cheaply and held by speculative gentlemen for war prices. These gentlemen will get "war prices," but not the sort they expected. For the government is taking a hand.

A member of the federal food administration, addressing the American Association of Refrigeration the other day, gave this friendly warning:

"You must understand that during the war the law of supply and demand is shelved. We are now experimenting with democracy in industry. Let us first be patriots; let us first be for the consumer, and then for our business. We cannot win this war unless we have a contented and satisfied people. Take warning from the Socialist vote."

And feeling, perhaps, that the storage industry is not naturally disposed to put the consumer's interest before its own profit, he added:

"We must follow the system worked out by Food Administrator Hoover, or go to the European system of rationing. We may have to go to rationing if this war lasts longer than a year or two, and there is no sign now that it will not. We must meet with a reasonable regulation, or we will get worse."

Which is to say, if the storage people don't let their accumulated foodstuffs flow into market naturally, at fair prices, the matter will be taken entirely out of their hands and their profits severely limited. The government has the power, and it will not hesitate to use it if necessary.

O'HARA AND HIS COMPANY IN CITY

Fiske O'Hara and his company, "The Man from Wicklow," arrived in Ottawa this afternoon, and tonight shows at the Gayety theater. O'Hara, recognized as the leading Irish player of the age, and admitted by all critics to have but few peers living today, plays the lead.

"The Man from Wicklow" is professionally O'Hara's finest production in which he is shown him to best advantage at the same time giving him a wide field to display his cleverness and dramatic ability. The seat sale has not been anything near where it should be on the very eve of the performance and Manager Harry Lewis today announced that unless Ottawa theater-goers showed more interest in O'Hara it would be useless for him to try to get Otis Skinner here in "Mister Antonio," later in the month.

Try the Free Trader Journal Want-Ads for results.

SPIES INFEST MANY SECTIONS OF STATE; FOODS DESTROYED

OFFICIALS UNCOVER PLOTS TO BURN ELEVATORS AND STORAGE PLACES WHERE NECESSITIES ARE HOUSED.

Springfield, Nov. 12.—German spies are at work in Illinois in a propaganda to destroy foodstuffs and hamper the government in its war policy. Absolute proof of this has been secured by state officials and as a result a state-wide crusade against the plotters is under way.

The information shows the spies have gained entrance into elevators, mills and cold storage plants under the pretext of being inspectors. It shows the erstwhile inspectors obtained sketches of the plants, showing positions of exits, boiler and storage rooms and other valuable data.

Confabulations have broken out in many of these plants. Investigation disclosed every indication of incendiaryism. The number of fires have increased until the state officials are thoroughly alarmed. In order to curb and perhaps completely stamp out the evils, Lieutenant Governor John G. Oglesby, in behalf of the state council of defense, has issued warnings to all elevators, mills and warehouses, requesting they redouble precautions in regard to visitors.

All places where foodstuffs are stored are urged to be closely guarded both day and night. It is suggested watchmen be provided who will admit no one to premises without proper credentials from either state or federal authorities.

Since last June a number of fires have occurred in grain elevators, warehouses and mills that bear the earmarks of incendiaryism. Lieutenant Governor Oglesby's warning says, "These have entailed a tremendous loss both in money and foodstuffs."

"Information has also been received to the effect that in a number of instances persons have gained admittance to such place under pretext of being inspectors and made complete sketches of such plants, showing entrances, exits, boiler rooms and places where certain products were stored. There is but one conclusion to form and that is that such information was secured for no good purposes and no doubt passed on to someone who would destroy the plant if possible.

"In all cases inspectors, as well as visitors, should be accompanied through the premises by a trusted employee. Such safeguards should be introduced to guard against carelessness on the part of the inspector or visitor. If this plan were followed out, it would be difficult for an impostor to harm the property or secure information to which it was not entitled. Should the conductor be a guard or gatekeeper his position should be immediately filled by some other trusted employee in order that strangers not entitled to enter may be refused admittance."

That stock yards and large cold storage plants in Illinois have escaped thus far destruction at the hands of these enemies, is attributed to a recent survey made by the State Fire Marshal Gamber. When federal authorities warned the state of a nationwide plot to burn stock yards, Illinois rested secure in its local guards. "There seems to be no need for state guards at this time," Governor Frank O. Lowden has said. "The state survey made by the fire marshal was a step in the right direction. In my judgment, and will be a great benefit to the state and to the owners of the establishments."

Smiles Help.

A sunny temper glids the edges of life's bluest cloud.—Guthrie.

ENERGY LOST IN COUGH.

German Has Figured It Up to Heat Units.

If you cough once every fifteen minutes for ten hours you expend energy equivalent to 250 units of heat, which is equivalent to the nourishment contained in three eggs or two glasses of milk. So says a German who has specialized on the waste of energy in coughing.

At a normal rate we expel air from the chest at the rate of four feet per second.

Thus a persistent cough not only weakens the constitution, but it is a direct cause of emaciation according to the same authority. Such weighty statistics lead to a reiteration of the oft repeated injunction, "never neglect a cough."

TO CEMENT RELINERS.

Proceed in Following Manner, Expert Says.

Before cementing reliners, the paint on the inside of a tire should be scraped off.

If possible turn the tire inside out, a part at a time, and buff with a power-driven brush.

Neither gasoline nor other liquid preparations should be used. The gum up the surface and consequently make good work impossible.

Lots of fathers who give their daughters away would like to get rid of their sons-in-law as easily.

Wild Greens and Salad Plants

Many of the wild plants that accompany the advent of spring can be used advantageously in the household. Before modern methods of marketing, storing, and preserving made it possible to have vegetables throughout the year, these plants were eagerly sought for by housekeepers to furnish relief from the monotonous winter fare. Even now they will form a welcome change, and, above all, they may be had for the trouble of picking, as substitutes for purchased greens.

Foremost among these plants is the dandelion. Its use as a vegetable is so common that it is sold in many city markets. Occasionally it is cultivated by market gardeners, but much more frequently the plants sold are wild ones and ought to cost less than cultivated greens. When some one in the family can dig them near home, there can be no doubt as to the economy of using them. If they are taken from the lawn, there is the further advantage of removing a troublesome weed—providing always that the digging is carefully done. Only the dandelion should be pulled, not the grass around it, and the root should be removed, not broken off at the top, else several crowns of leaves may grow in the place of one. As in most stem and leaf vegetables, the texture and flavor are both best when the plants are young.

Growing as they do close to the surface of the ground, dandelion greens are likely to be full of earth and grit, and must be carefully washed and rinsed in several waters. The water in which they have just been rinsed should never be poured out of the pan over the greens, but the greens should be lifted out of the water so that the dirt which has settled to the bottom may not get back on the leaves, and for the same reason the cooked "greens" should be lifted out of the water in which they are boiled.

The most common way of using dandelions is a potherb or greens. As with most green vegetables, it is a mistake to cook them more than is needed to make them tender. If they are boiled with $\frac{1}{2}$ teaspoonful (level) of cooking soda to each quart of greens used, they will keep their color better. Young dandelions may also be used uncooked as salad, a custom less common in this country than in Europe, where the tender plants are sometimes blanched like asparagus. If more dandelions are available than can be used while they are fresh, they may be preserved for future use. They may be canned by the method used by the canning clubs for spinach, or they may be "put down" in salt according to a household method. In many homes it is a common practice to preserve dandelion greens with salt in stone crocks, putting in first a layer of greens, then a layer of salt, then more greens, and so on, until the crock is filled. The dandelions are then covered with a close-fitting plate or board, on which a weight (a clean piece of marble or a stone) is placed to keep the greens packed solid.

Other wild plants used as pothebs are curly dock, pigweed or lamb's quarters, chickweed, mustard shoots, purple milkweed shoots, young horseradish leaves, marsh marigold (sometimes called American cowslip), poke sprouts, pepper cress, purslane or "pusley," and in the southwestern States some sorts of cactus leaves and stalks. If the bitter or acrid flavor is too strong, as is frequently the case with horseradish leaves or poke sprouts, for example, it may be lessened by changing the water once or twice during cooking. Rightly cooked, all of the plants mentioned are harmless. Marsh marigold is sometimes said to be harmful, but this is not the case with the cooked greens.

A little later in the season a few other pothebs appear which, though cultivated rather than wild, are so seldom utilized that to use them means as much saving as if no care had been spent to raise them. Among these are the tops of turnips, radishes, beets, and onions, all of which may be cooked like spinach or dandelion. The onion tops should be cut up into inch lengths before cooking. They are excellent served on toast. Cabbage sprouts are also a favorite when they are obtainable.

There are also a few salad plants to be had for the picking. Like all food materials eaten without cooking, they must be very carefully washed before using. Water cress is perhaps the one most generally known. It is also cultivated. It should never be eaten if it has been grown where there is any chance of contamination from typhoid fever or other disease. This is true of any vegetable that is uncooked, but must be remembered especially in connection with plants growing near water, since the latter may have carried the disease germs a long way from the place where the illness was. Peppercress or pepper-cress is another wild plant useful for flavoring other salads, if too sharp to use alone. Sorrel may also be used to give a pleasant acid taste to lettuce or other mild-flavored salads, though the ordinary wild kind is too sour to use in quantity as a potheb like the varieties cultivated for that purpose.

Of plants cultivated in the flower garden the leaves and unripe seeds of nasturtium may be mentioned as a seasoning for salads.

It is said that marriage will change a man's views quicker than anything else.

Great Women.

Great women belong to history and self sacrifice.—Letch Hunt.

Try the Free Trader Journal Want-Ads for results.

THE VOICE OF THE PEOPLE

Ottawa, Ill., Nov. 12, 1917.

Editor Ottawa Free Trader-Journal:
Ottawa, Illinois

Dear Sir:

I was very much impressed in reading an article the other day in a Wall Street paper, concerning the maintenance of the Red Cross work. This paper stated that various businesses were conducted on small sales, such as the Woolworth stores, city railways, Metropolitan newspapers and similar enterprises. The majority of the people do not realize the vast sums that can be realized by small contributions paid regularly by a number of people.

It has occurred to me to suggest to management of the Red Cross here in the city, (which will soon need money for its work) that if you could get one hundred families in the city to make a pledge for one year for Red Cross of 5 cents a day; 100 families 4 cents a day; 100 families 3 cents a day; 100 families 2 cents a day and 100 families 1 cent a day, the aggregate at the end of the year, if all were collected, would amount to \$5,475. Of course this would require a certain amount of clerical work to keep track of, and probably the \$475 would more than pay for the expense of collecting and keeping track of these contributions, assuming that they were collected once a month, and would leave a balance of \$5,000 for Red Cross work in this city. I believe this would be all that the Ottawa Red Cross could use during the coming year to advantage, and I am taking the liberty of presenting the matter thru your columns to the Red Cross organization and the people of the city, believing that with one unduo tax on anyone personally, ample funds could be easily raised.

Very respectfully,

E. C. SWIFT.

Calories of the Egg.

The nutritive value of foods is measured in terms of calories. The white of an average egg weighs about 28.5 grams, consisting of water, proteins and mineral matter. The proteins of the white contribute about 15 calories to the total nutritive value of the egg. The yolk of this same average egg weighs about 15 grams including water, proteins and fats. Its protein furnishes about 9.8 calories, its fats 4.7 calories, or a total of 14.5 calories from the yolk. Scramble your egg and you will have about 68.4 calories.

FREIGHTING A STEAMER.

It Now Can Be Done by Marine Elevator.

A marine elevator which enables a vessel to be loaded at any time or tide, which doubles the normal rate of the loading and which reduces expenses a corresponding amount is now being introduced all along our coasts. Formerly a coast steamer had to wait for a tide to come in before she could steam up to the loading dock. Then the cargo was either hauled up by the ship's derricks piece by piece, or it was run up the gangway by the truck load.

But with the elevator designed by Harry Barlow of Seattle, Wash., an entire platform of material can be quickly carried up to the vessel's deck at once. And if the tide is out, the light sound boat carrying the elevator steams from the dock to the vessel anchored near by.

A small electric motor mounted on the top of the elevator structure furnishes the power for the half dozen cables used. The motor controls are placed at any point that affords the operator an unobstructed view. After the operator has brought the platform to the level of the loading dock, the filled platform can be easily raised up to the deck the largest steamer. Level trucking is thus afforded in place of trucking up or down steeply inclined gangways. This fact makes the elevator indispensable for loading explosives or fragile wares.

More Than Equal.

Lady—I hope you feel equal to a good day's work now that I have hired you.

Servant—Shure, mum, I'm equal to it, an' then ag'in I'm more'n equal to it, I'm above it!

4 Per Cent

Banking Connections

4 Per Cent

It is a recognized fact that good banking connections assist in establishing credit.

Credit is necessary for the average citizen and is the basis of all business transactions.

Therefore, if your banking connections are not entirely satisfactory to you, we invite you to open an account with us.

4 Per Cent

4 Per Cent Interest on Deposits of \$10,000 and under.

4 Per Cent

Peoples Trust & Savings Bank

Ottawa, Illinois

JAPS WANT TOGS OF STRIKING CUT

TASTE IN CLOTHES MEANS BIG MARKET FOR MAKERS OF WESTERN ATTIRE.

Americans Miss Right Share of Trade, Says Bureau Report.

Rapid adoptions of western dress in Japan has made Nippon one of the most promising markets in the world for European and American makers of wearing apparel, especially ready-made clothing, but according to a report just issued by the bureau of foreign and domestic commerce, department of commerce, the American manufacturers have not been getting their share of the business.

The report estimates that at least one in every four or five male Japanese is now wearing western clothing.

This means from 4,000,000 to 6,000,000 persons, and the number is rapidly increasing. It is evident, therefore, that there is a large market for foreign style clothes, wherever made—in Japan, England, Germany or America. It is also evident that this market is rapidly increasing. At the time the war started at least two countries—Germany and England—were managing to supply Japan with a large amount of ready-to-wear clothing. They were doing this at prices generally much in excess of the Japanese made products and selling them in the keenest competition with the Japanese articles, because of the superior quality of material or the workmanship, or both.

According to the author of the report, Special Agent Stanhope Sams, the Japanese like to dress well and in strict conformity as possible with the best prevailing fashions, whether in their native or in adopted foreign costume. They are not economical in the sense that they will wear old or inferior clothes. They wish always to make a neat or "natty" appearance, with good lines in their coats and trousers, and they especially like the former well cut and with a somewhat military look. In no other country, says the report, will the young men or the business men of standing spend more in proportion to their income for the purpose of making a smart appearance.

It has been said that the better class of American wearing apparel cannot be sold in Japan because of the low priced labor available for Japanese makers of clothing, but once having adopted foreign dress the Japanese, true to his instinct for neatness and smartness, wishes to wear only the correct style, even if it costs more than the same clothing made by a native or Chinese tailor. This is shown by the fact that in most of the better class tailoring shops a point is made of having the cutting at least done by an English or American tailor.

There is no more striking evidence of the growth of foreign influence in Japan than that furnished by the shifting of the national costume. Every day sees some change in this respect. Pictures of street scenes in Tokio of Japanese street life from that revealed by pictures taken today in the same thoroughfares. In the crowded hours of the day the streets of these cities present quite a western aspect. If one goes into the banking houses or into the larger commercial and mercantile establishments or into any of the government offices, every employee will be found clothed in western garb. It has ceased to be a question of national sentiment—as many sought to make it some years ago—and has become a necessity or a sort of uniform of advancement, and as such is being adopted more and more widely.

Easy to Sweep.

"What is that?"

"A roundhouse. Seems to interest you."

"It does from a housekeeper's standpoint. I have often dreamed of a house like that. No corners to hide dirt."

Our idea of a hustler is a man who can work as fast all day as he can dress in a cold room in the morning.

Try the Free Trader Journal Want-Ads for results.

Yasmini-

wonderful, beautiful, enchanting queen of the India hillmen rules supreme in the mysterious Khinjan caves. Into her stronghold where many Englishmen have gone, but none before ever returned, goes Athelstan King, British officer and member of the Secret Service, to learn the secret of the Hills and keep the savage tribes from revolt.

King not only enters the Caves but saves India for England and undergoes weird experiences such as seldom fall to the lot of a white man. If you would enjoy a thrilling tale of heroism—thrilling to the very last word—read the new serial to appear in this paper—

King of the Khyber Rifles

Opening Chapter Tomorrow.

Lost in One's Own Room.

Most of us have been lost at some time or other in our own bedroom. There is no more panicky feeling than to get up half awake and find yourself stumbling over chairs and tables, than to realize that you are lost and start off again only to meet new chairs and angles. Nervous or sick persons are subject to hysteria in such a case. The psychologist has found that a moment's calm consideration will set the lost one straight, but says that it is best in all such cases to call out and secure aid rather than to get another bump.

Subscribe for the Free Trader-Journal.

LISTEN TO THIS! SAYS CORNS LIFT RIGHT OUT NOW

You reckless men and women who are pestered with corns and who have at least once a week invited an awful death from lockjaw or blood poison are now told by a Cincinnati authority to use a drug called freestone, which the moment a few drops are applied to any corn, the soreness is relieved and soon the entire corn, root and all, lifts out with the fingers.

It is a sticky ether compound which dries the moment it is applied and simply shrivels the corn without inflaming or even irritating the surrounding tissue or skin. It is claimed that a quarter of an ounce of freestone will cost very little at any of the drug stores, but is sufficient to rid one's feet of every hard or soft corn or callus.

You are further warned that cutting at a corn is a suicidal habit.

Man Troubled for Two Years.

Men and women should not suffer from backache, rheumatic pains, stiff joints and swollen, sore muscles, when relief can be easily had. James McCrery, Berrien Center, Mich., says he was troubled with kidney and bladder trouble for two years; would have to get up several times during the night and had pains across his kidneys. He used several kinds of medicine without relief but Foley Kidney Pills cured him. Many such letters, come every day from all parts of the country. For sale by Wm. D. Duncan.

POULTRY

WE PAY CASH AND CALL FOR

Spring Chickens, per lb. 15c
Hens, per lb. 13c
Old Roosters, lb. 10c
Ducks, lb. 14c
Geese, per lb. 14c
Rabbits 12c

Poultry Delivered $\frac{1}{2}$ extra

Eggs, fresh, doz. 40c
Eggs, packed, doz. 37c
Butter, sweet, lb. 40c
Butter, cooking, lb. 32c
Cream, butterfat, lb. 30c
Cream, delivered, lb. 40c

WEEKLY ROUTES

Monday—Special Trips.
Tuesday—South of Ottawa.
Wednesday—West of Ottawa.
Thursday—North of Ottawa.
Friday—North and East.
Saturday—Special Trips.

Poultry Bought Without Feed
SPECIAL TRIPS ANYWHERE FOR
LARGE ORDERS

Steer & Olson

Phone 1065

Greely Colorado Potatoes

We haven't said anything about Potatoes but now that we have 3,000 bushels of Greely Colorado Potatoes rolling, we will be able to sell you a fine Potato something that we can recommend to keep all winter, at a very reasonable price. Watch this space for the arrival.

Minnesota and Wisconsin Potatoes

We will have several cars to sell you at a much lower price than you have been paying and they will be ripe and free from field frost.

We have the following cars rolling:

3 cars Colorado Potatoes.
2 cars Minnesota and Wisconsin Potatoes.
1 car Canadian Rutabagas.
1 car Holland Cabbage.
1 car White Swan Flour, \$3.25 a sack.
1 car Winter Keeping Pears.
1 car Bulk Apples.

CHAS. GEIGER

The Grocer

613 La Salle Street Our Telephone Call is Double Ten

At Godfrey's Cut Price Grocery

We Guarantee the Quality and the Price.

Car 800 bushels choice Rural Potatoes, 5 bushel lots \$1.60
Car King Quality Flour, 49 lb. sacks \$3.19
Ask your neighbor about it. She is using it.
12 lbs. fine Granulated Sugar for \$1.00
With 3 lbs. C. & S. 35c Plantation Coffee for \$1.00
Or with a pound of sixty cent Japan or English Breakfast Tea.
15c tins Stollwerck's Cocoa 10c
Mason Qt. Jars Cocoa 29c
25c Cakes Baking Chocolate 19c
4 bottles Assorted Extracts 29c

WASH DAY.

5 bars Swift's Pride Soap 25c
5 bars Swift's White Soap 25c
30c pkgs. Borax Powder, labels damaged 15c
10c cans Lye 5c
4 10c pkgs. Sapollo 29c
30c pkg. Gold Dust 23c
5 bars Armour's Tar Soap 25c
5 bars Pumma Soap 25c
5 bars Assorted Toilet Soaps 25c
Large Zinc Tubs 69c
Medium Zinc Tubs 49c
5 gallon Oil Cans 39c
1,000 cans Vegetables, no labels, Pears, Corn, Tomatoes, etc., per dozen \$1.20
Large cans Peaches and Pears, in heavy syrup 22c
pkgs. for 25c (Per dozen)
Exclusive selling agency Chase & Sanborn's Boston Tea and Coffee in pound equal to one and a half of any other.
Open a new charge account by phoning No. 128.

T. R. Godfrey

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